The embodiments of the invention in which an exclusive property or privilege is claimed are defined as follows:

- 1. A method of constructing a skate frame for an in-line skate having a shoe portion and a plurality of longitudinally aligned wheels capable of traversing a surface, the method comprising:
 - (a) forming a first skin on a mold;
- (b) positioning core material at a predetermined location on the first skin;
- (c) forming a second skin over the first skin such that the core material is positioned and sealed between the first and second skins; and
 - (d) curing the frame.
- 2. The method of Claim 1, wherein the core material is an unreinforced material having an average density that is less than the density of the first and second skins by a predetermined amount.
- 3. The method of Claim 2, further comprises disposing a plug of filler material between the first and second skins before curing to absorb at least a portion of loads associated with the wheels.
- 4. A method of constructing a skate frame for an in-line skate having a shoe portion and a plurality of longitudinally aligned wheels capable of traversing a surface, the method comprising:
 - (a) forming a first skin on a mold;
- (b) positioning core material at a predetermined location on the first skin;
- (c) layering a decorative sheet over the core material to seal the core material between the first skin and the decorative sheet; and
 - (d) curing the frame.
- 5. The method of Claim 4, further comprising the step of forming a second skin over the core material before layering the decorative sheet, such that the second skin is positioned between the core material and the decorative sheet.

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